

‘Safe Space’ session for staff and students impacted by suicide

Suicide impacts all of us, whether by knowing someone who has died in this way or having worked through a suicidal crisis or personal attempt.

Experienced Friends are people with personal experience of the impact of suicide and who have undergone additional training, including Leading First Aid for Mental Health. They are also experienced in group facilitation.

The groups are open to any member of the Strathclyde community and there will be separate sessions for staff and students. In the creation of safe spaces for discussion within each group, confidentiality is paramount. The Canmore Trust will be working independently of the University and no aspect of group discussions will be shared with the University.

**Student Session**

**Venue:** University of Strathclyde,Learning and Teaching Building, 49 Richmond Street, Glasgow, G1 1XU, Wellbeing Room TL466.

**Date and Time:** First session **Tuesday 28th May 2024, 4:45pm.** (The group will then run at the same time 4:45pm on the last Tuesday of each month and we will keep this information regularly updated)

**Staff Session**

**Venue:** University of StrathclydeLearning and Teaching Building, 49 Richmond Street, Glasgow, G1 1XU, Wellbeing Room TL466.

**Date and Time:** First session **Tuesday 28th May 2024, 6:15pm.** (The group will then run at the same time 6:15pm on the last Tuesday of each month and we will keep this information regularly updated)

There is no need to book for the sessions, please just turn up! However, if you would like to discuss any of the above or require more information, please contact The Canmore Trust at: the.canmore.trust@btinternet.com

Please also know that if you are experiencing suicidal thoughts, help is always available. The national helplines are available 24/7: Samaritans on 116 123 and Papyrus on 0800 068 4141. The Canmore Trust also has a 24/7 confidential texting service, please text CANMORE to 85258.

The Canmore Trust’s website offers a full range of available support services [Support | The Canmore Trust | Scotland](https://thecanmoretrust.co.uk/support/)

A range on internal support at the University can also be accessed on the following links [Wellbeing Hub | University of Strathclyde](https://www.strath.ac.uk/whystrathclyde/peoplestrategy/wellbeinghub/). [Disability & Wellbeing Service | University of Strathclyde](https://www.strath.ac.uk/professionalservices/disabilityandwellbeing/)